

DAFTAR PUSTAKA

- Anna. 2010. *aktifitas fungsional & terapi rekreasi*. Diakses tanggal 12 Desember 2013. Pukul 15.00
<http://ann8110.blogspot.com/2010/05/aktifitas-fungsional-terapi-rekreasi.html>
- Bandiyah, 2009. *Indonesia Sehat 2009*. Surabaya: Griyalis.
- Bernad. 2008. *Total Kesehatan Anda.com*. Diakses tanggal 12 Desember 2013 . Pukul 15.20.
<http://www.totalkesehatananda.com/neckpain1.html>
- Cleland A Joshua, Childs D John. 2006 . *Patient Education Use of Thoracic Spine Manipulation, Exercise, and Treatment of a Subgroup of Patients With Neck Pain: Development of a Clinical Prediction Rule for Guiding*. PHYS THER. 2007; 87:9-23.
- Cleland A Joshua, Gllyn Paul. 2007. *Clinical Trial Spine in Patients With Neck Pain: A Randomized Mobilization/Manipulation Directed at the Thoracic Short-Term Effects of Thrust Versus Nonthrust*. PHYS THER. 2007; 87:431-440.
- Cleland A Joshua, E Paul. 2010. *Randomized Clinical Trial Cervical Range of Motion Exercise: Multi-Center Thoracic Spine Thrust Manipulation and a General Patients With Neck Pain Likely to Benefit From Examination of a Clinical Prediction Rule to Identify*. PHYS THER. 2010; 90:1239-1250.
- Holmes, Bruce. 2013. *Pengertian Peregangan (Stretching) dan Melakukannya dengan Benar*. Diakses tanggal 12 Desember 2013 . Pukul 15.00.
<http://aboutbeladiri.blogspot.com/2013/07/pengertian-dan-melakukan-stretching-dengan-benar.html>.
- IFOMPT, 2010. *IFOMPT provides world-wide promotion of excellence and unity in clinical and academic standards for manual/musculoskeletal physiotherapists*. Diakses tanggal 20 November 2013. Pukul 16.00.
<http://www.ifompt.com/>

- Island Orthopedic Group. 2011. *Nyeri leher*. Diakses tanggal 20 November 2013. Pukul 16.00.
<http://Nyeri-Leher-«-Island-Orthopaedic-Consultants.html>
- Jones, Staacy. 2012. *Spinal Manipulations*. Diakses tanggal 16 Desember 2013 . Pukul 17.10
http://www.physio-pedia.com/Spinal_Manipulation
- Kisner, carolyne. 2007. *Therapeutic Excercise*. Colombus: David Plus
- Lee, Bernad. 2010. *Jangan Sepelekan Nyeri Leher!*. Diakses tanggal 16 Desember 2013 . Pukul 17.25
<http://health.kompas.com/read/2010/08/26/08404098/Jangan.Sepelekan.Nyeri.Leher>
- M, Frank. 2013. *Scoring Oswestry or the Neck Disability Index*. Diakses tanggal 21 Januari 2014 . Pukul 14.00
http://www.chiro.org/LINKS/OUTCOME/Painter_1.shtml
- Makosfky, W Howard. 2010. *Spinal Manual Therapy an Introduction to Soft tissue mobilization, Spinal manipulation, Therapeutic and Home Exercise*. America: Slack Incorporated.
- Mun Cheung lau, Herman. 2010. *The Effectiviness of Thoracic Manipulation on Patients with Cronic Menanical Neck Pain*. Hongkong: Elsevier.
- Olson, A Kenneth. 2010. *Manual Physical Therapy of the Spine*. China: Saunders Elsevier
- Samara, Diana. 2007. *Nyeri Muskuloskeletal pada Leher Pekerja dengan Posisi Pekerjaan yang Statis*. Jakarta: Universa Medicina
- Sulistyo, Priyo. 2010. *Senam Atasi Nyeri Leher*. Diakses tanggal 20 Desember 2013 . Pukul 19.00
<http://mardhotillah-islamic-deepfeeling.blogspot.com/2010/02/senam-atasi-nyeri-leher.html>
- Tulaar, Angela B.M. 2008. *Nyeri Leher dan Punggung*. Jakarta : Maj Kedokt Indon.